

**WHAT PARTICIPANTS
SAY ABOUT THE
PROGRAM...**

“Meeting with people who are dealing with the same things as me has given me a lot emotionally, and I think that’s something I wouldn’t be able to get anywhere else.”

“I have benefitted greatly from taking part in the course... I have gained self-knowledge; learned about managing my fatigue and pacing myself so I CAN do the things I want to do, provided I make allowances and plan ahead. I have gained self-confidence; by achieving my short-term goals I have discovered that I am ABLE to do more than I thought.”



For More information regarding
the **Chronic Disease Self-
Management Program** or to
register for the next program
please contact our office at

250-378-9745



Scw'exmx Community Health

Services Society

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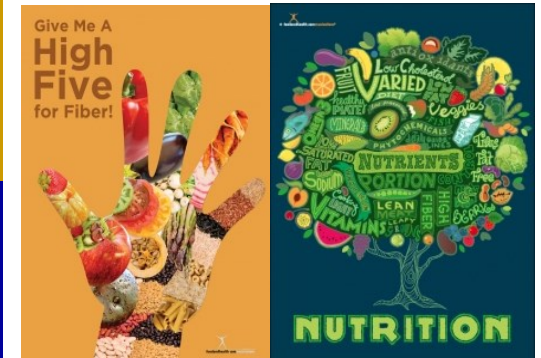
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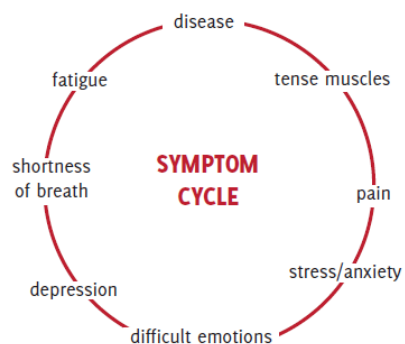
**Chronic Disease
Self-Management
Program**



**Your Health
is Important!!**

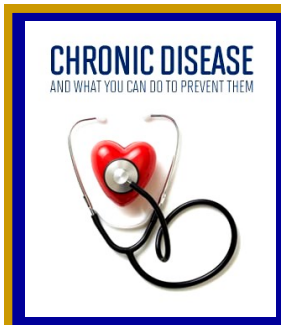
CHRONIC DISEASE SELF-MANAGEMENT PROGRAM

For many people coping with a chronic health condition can be extremely trying. Fatigue, pain, breathing difficulties, sleeping problems, loss of energy, depression and anxiety about the future are common.



The Chronic Disease Self-Management Program is a fun, practical workshop which can help people with chronic conditions overcome these daily challenges and maintain an active, fulfilling life. Participants learn about healthier ways to live, gain confidence and motivation to manage their health and feel more positive about their lives. They are provided with information, strategies and techniques, so they will have the tools they need to help themselves.

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM



Adults of all ages, who are experiencing chronic conditions such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hyper-

tension, depression or any other ongoing or long-term health condition can attend. Their family members, friends and caregivers are also welcome, as they will benefit from the information personally and develop a better understanding of living with a chronic condition.

Small groups of participants (**usually 10 to 16**) meet for **2 ½ hours, once a week for 6 weeks**. The highly interactive sessions are led by pairs of trained program leaders – most have chronic conditions themselves and have successfully adopted the techniques taught in the program.

WORKSHOP PARTICIPANTS WILL LEARN HOW TO...

- ◆ Get started with healthy eating and exercise
- ◆ Manage their fear, anger and frustration
- ◆ Make daily tasks easier, and
- ◆ Learn ways to manage their symptoms
- ◆ Communicate effectively with their health care team
- ◆ Take action and get more out of life

Research confirms that following the workshop, participants increased healthful behaviors, believed their health had improved, were less limited in their daily activities, were less bothered by their illness and had greater confidence in their ability to manage their condition.

The workshop is offered at no cost to participants, and everyone receives a free copy of the excellent reference book: "Living a Healthy Life with Chronic Conditions."

